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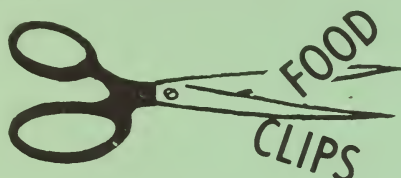
Food and Home Notes

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It is not unusual for fat to supply 45 to 50 percent of the total calories in an American diet according to U.S. Department of Agriculture figures.

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If you're planning on freezing apple pie slices — select only full-flavored apples that are crisp and firm, not mealy in texture. Sirup pack is usually preferred for apples to be used for fruit cocktail or uncooked dessert.

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Applesauce to be frozen should be carefully packed into containers that allow "head space" — then just seal and freeze.

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Did you know that...fat is the most concentrated source of food energy? It supplies 9 calories per gram; protein and carbohydrate the other two sources of food energy, supply 4 calories per gram. (Alcohol supplies 7 calories per gram).

FOOD PRICES HERE *

—AND ELSEWHERE

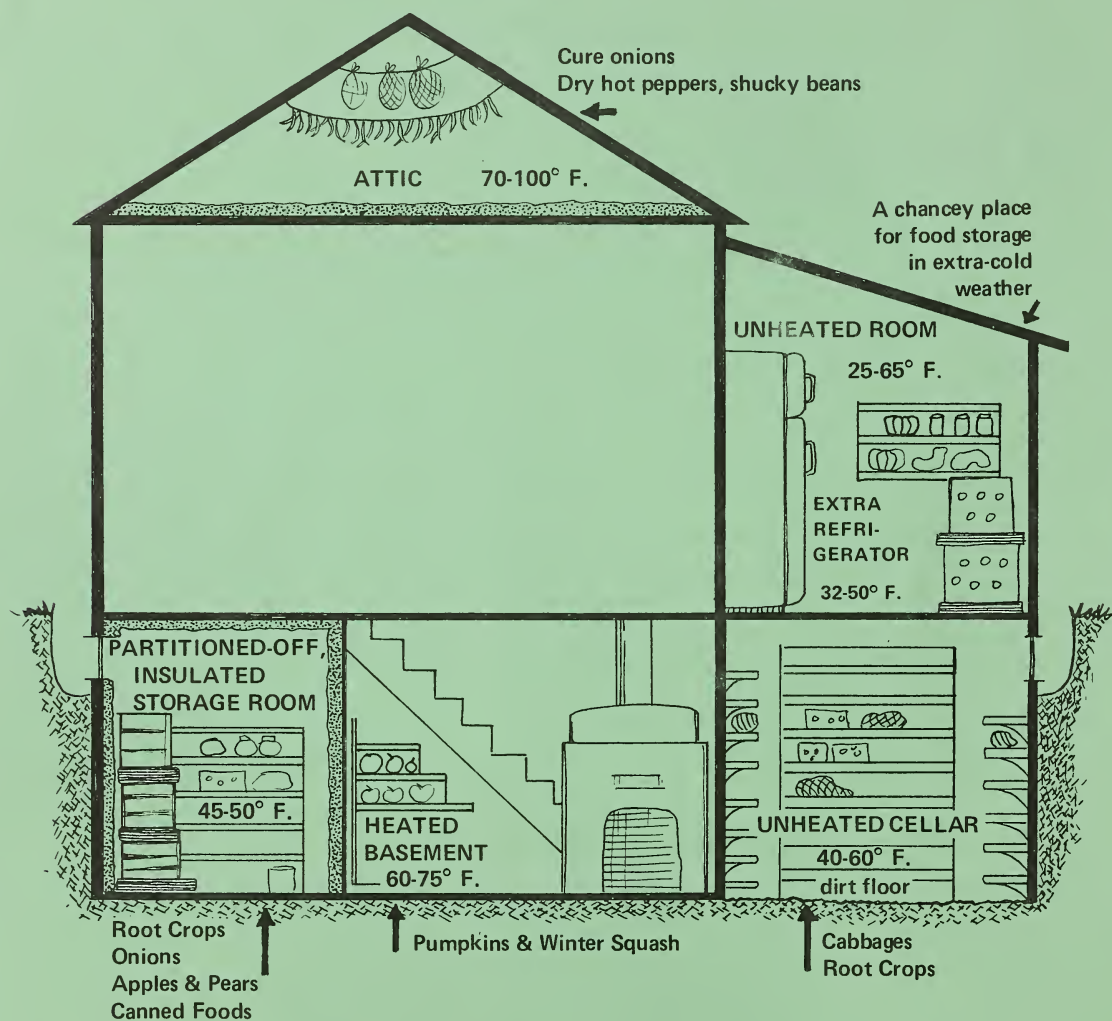
Americans work a briefer period of time to purchase most food items than other nationalities. According to a new U.S. Department of Agriculture publication, on costs and figures on hourly wages vs. food prices here and abroad, it costs two and a half times as much "time on the job" to buy a dozen eggs in Paris than in Washington, D.C.

A pound loaf of white bread would cost about 4 minutes of "work time" in Washington. In Bonn, London, or Rome it would cost half again as long or 6 minutes. In Copenhagen, Tokyo, and Paris "time to work" would be at least twice as long — or 8 minutes. In Washington, the amount of work required to purchase a pound of butter is 8 minutes. It is 24 minutes in Paris, 19 in Bonn, 26 in Rome, and 29 in Tokyo.

*PRESS ONLY—A single copy of the new publication, "Food Prices Here and Abroad", is available free, from the Editor of Food and Home Notes. Request on your letterhead, please.

WHERE TO

— STORE FRESH GARDEN PRODUCE



Where can you store fresh garden produce at your house this fall? Room temperatures shown here are approximate and will vary according to your house's construction, location, type of heating, and placement of doors, windows and vents.

HOW TO ...

AND WHERE TO ... STORE FRESH GARDEN PRODUCE

BY JAY HENSLEY

In days gone by, families had "root cellars" — thick stone walls and packed earthen floors. Some of these still survive, spared from conversion into the modern basement, and some of these are being pressed back into service by a new generation according to University of Kentucky Extension horticulturists. In dimly-lit, cold, moist air, fresh vegetables and fruits are allowed neither to freeze nor to dry out. For months the natural order of things is held at bay, the process of spoilage and decay, halted.

But — without a root cellar, you can still find several good ways to store fresh garden produce at your house this fall and winter, depending on the vegetables to be held. C.R. Roberts, University of Kentucky Extension horticulturist suggests the following storage facilities: an unheated basement or cellar, an extra refrigerator, and unheated room, a partitioned-off corner of a heated basement, an attic, an insulated outdoor storage pit. Most root vegetables ideally need storage temperatures between 32 and 40 degrees F.

A refrigerator is the modern-day replacement for both a root cellar and a food storage place at the spring, offering about the same temperature range for keeping foods fresh and safe. The big difference is the relative humidity, because refrigerated air is very dry. Perforated plastic bags will keep out dry air and hold in the natural moisture of fruits and vegetables.

An extra second hand refrigerator could be a good investment for keeping large quantities of garden produce. (Keep it in a utility room, garage, or even on an unheated closed-in-porch).

ON STORING FRESH GARDEN PRODUCE (CON'T)

There's a surprising variation of temperature from shelf to shelf in some refrigerators. Check with a thermometer and note which sections are relatively warm (over 50 degrees F.) and very cold (32 to 40 degrees F.)

Study your house to see what additional arrangements you can make for proper storage of your produce. Check the temperature, relative humidity and ventilation of each prospective storage area. You should have several inexpensive thermometers and humidity gauges (cost around \$10 or less). It's wise to buy one of these if you're serious about this whole food-keeping project.

You need slatted-wood boxes, shallow lugs, perforated cardboard boxes and woven baskets for your storage containers. Set these up off the floor on shelves, or stack them on wood crossboards to allow air circulation in between.

(Next week Storage recommendations on specific vegetables)

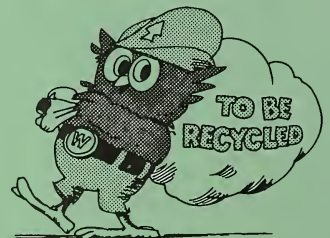


WOODSY OWL'S

"HOOT OF THE WEEK"

About 50% of the average waste disposal load is paper. Put as little as possible into the trash can. Separate newspapers—glass and aluminum containers too. They're valuable materials and can be recycled and sold by you or given to Youth Groups for fund raising. Not only is this financially profitable, but you'll cut the trash volume by as much as two thirds.

**Recycle cans,
bottles and paper.**



NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.